

## **ABSTRACT**

[0023] A sports ball that includes a hand placement guide disposed thereon for indicating proper hand placement for a person's hands for effecting a release of the ball. The guide has a first image of a release hand including a representation of the hand's palm and fingers, where the representation of the palm has first indicia indicating that the person's palm should not touch the ball. The representation of the fingers also has indicia indicating that the person should release the ball with the three middle fingertips of the release hand.